



# Floyd County 4-H Newsletter

## I BELIEVE THAT I AM A BETTER PERSON BECAUSE OF 4-H



I am so thankful that my mom talked my shy, little, 3rd grade self into attending 4-H camp after much hesitation all those years ago. My mom tried and tried to convince me that I would love 4-H camp, but I didn't believe her. I thought that I would hate staying away from my family for 5 days, not knowing everyone there, and trying new things. As a kid change scared me; I liked being comfortable and not being pushed out of my comfort zone.

When I first arrived at 4-H camp, I immediately wanted to go home. I thought that I was going to hate it, and that my mom was wrong. However, that changed very quickly. After only a few hours, I had already made so many new friends. I was extremely excited to try new things in the classes I signed up for. Soon I realized that my mother wasn't wrong, but I was. I wasn't going to hate 4-H camp, I was going to love it. 4-H camp made me become a more outgoing person in just 5 days.

When I made it home, I already wanted to go back. I loved the way I felt at 4-H camp; I was able to be myself, and everyone accepted it. I started going to 4-H camp in 3rd grade and continued going until 8th grade, and every year I enjoyed it more. Some of my favorite memories I've ever made were made at 4-H camp. I feel 4-H camp has provided me with so many life-long friendships.

When I was too old to attend camp as a camper, I was devastated. It was something I looked forward to every year, and I didn't want it to end, so my 9th grade year, I applied to become a teen counselor at 4-H camp. I was accepted for the position and was able to continue attending 4-H camp. I was extremely excited to be able to attend camp as a counselor because it gave me the opportunity to help make all the campers' experiences as good as mine had been. I wanted and still want all the campers to enjoy themselves just as much as I did when I was a camper.

To be eligible to apply as a camp counselor I had to be a member of the Floyd County Teen Council. I am still a member of the council, and this year I was elected as the treasurer. Whether it be by attending 4-H camp as a camper, as a counselor, or by being a member of the Teen Council, 4-H has been such a big influence in my life. It has taught me responsibility, leadership, patience, and many more valuable lessons. As a member of the 4-H teen council, I am expected to attend monthly meetings. At these meetings we discuss current and future community service projects, plan fundraisers, and discuss upcoming 4-H camps and programs. Attending these meetings helped me become a more responsible young adult. Being a 4-H camp counselor, as well as volunteering at the 4-H summer day camps my county host, I was able to become a better leader. As a counselor and a volunteer, I have to make sure that I am being a positive role model at all times. As a counselor and volunteer I also learned patience. Not all campers or kids listen or follow rules at all times, and at first this was difficult for me. But I quickly learned that in order to work with children, I must be very patient.

4-H has been such a huge part of my life for so long, and I am so thankful for all the opportunities it has provided me with. I believe that I am a better person because of 4-H. 4-H has supplied me with so many friends and amazing memories. It has shaped me into a more out-going person, who now looks forward to trying new things. 4-H has shaped me into the person I am today, and I am forever grateful for it. Emily W.



*Heather J. Coleman*

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## CAREER READINESS PROGRAM FOR AT RISK YOUTH



Floyd County 4-H Partnered with the Administration of the Courts to offer a virtual Career Readiness program for at risk youth. During the virtual program youth focused on What Employers look for in an employee, what they need to consider when deciding on a career, resumes, how to dress for an interview, goal setting and ethics in the workplace. We had a total of 10 males and 1 female participate in the program. Plans are to continue this program again this year.

## 4-H'ers LEND A HAND

During the end of July 2022 many Eastern Kentucky counties were hit hard with devastating flooding. During this time Kentucky did what we always do. We came together to help one another out during a time of need. But we were not the only one. Volunteers from all over the US came to help when we needed it. One Tennessee Home School Club, having a connection to East Kentucky reached out to Floyd County 4-H. They ask what they could do to help. We put them in contact with a local church; Martin Church of Christ. The Pastor and his wife are a part of the Extension Family and were happy to host the TN 4-H Club. The Smokey Mountain 4-H Club consisted 6 youth members and 4 adult volunteers, who worked to clean out 5 homes in Floyd Co. and 2 homes in Knott Co. Joyce Mitchell said, "They were one of the best groups to volunteer to help with the cleanup." Once someone becomes a 4-Her, they become part of a family. No matter where they are from.



## KID'S DAY AT THE FARMER'S MARKET



The Floyd County 4-H Partnered with the Floyd County Farmer's Market to host two Kid's Day at the Farmers Market. During the Event Floyd County 4-H gave out totes to the youth who attended. In each tote was a Farmer's Market Tool kit, 4-H water bottle and pencil, plate it up recipe cards, 4-H Activity booklet and 4-H Clover bucks worth \$5.00. Youth were able to spend the clover bucks at the market to buy fresh produce and the Floyd County 4-H Council reimbursed the vendors. We also gave out popcorn and we did face painting. Over the two Saturday's 115 youth attend the

Market. At the first market \$136.00 clover bucks were used out of \$908.00 sold that day. At the second market \$155.00 clover bucks were used out of \$1189.50 sold that day. Floyd County 4-H and the Farmer's Market are in the process of planning more events this upcoming season.





# 10 Ways to Volunteer with 4-H

No matter how much time you have, volunteering with 4-H makes a difference by helping youth explore and discover the skills they need to lead for a lifetime. There are lots of ways to get involved! **To learn more, visit [4-H.org/Volunteer](http://4-H.org/Volunteer), or contact your local 4-H office listed below.**

**Please note, your volunteer experience and/or opportunities may be happening virtually or in-person. Contact your local 4-H office listed below for more information.**

## 1 Help youth lead a club

- Assist a youth club leader with organizing meetings, speakers, and other logistics.
- Assist and/or mentor a 4-H volunteer who is serving as a project leader.

## 2 Teach a skill

- Organize a club, or share your skills by teaching a club meeting workshop, devoted to your area of specialty.

## 3 Judge projects

- Serve as a judge for 4-H exhibits, competitions or performances, providing encouragement and suggestions for improvement.

## 4 Plan or help at an event

- Volunteer at a county/parish special event; from set-up or clean-up to serving food or taking registrations, there are a lot of ways to get involved.

## 5 Serve on an advisory board/committee

- Sit on a local advisory or county governing board to help determine program priorities.

## 6 Help with a specific 4-H project

- Advise a 4-H member in their project work: help youth identify and set goals, create and implement a plan, and reflect on what they learned and would do differently next time.

## 7 Assist with program delivery

- Volunteer at an after school program, a summer program, camp program event or club meeting.

## 8 Volunteer on a fair organizing committee

- Volunteer at a local fair – be inspired by the talents and creativity of the next generation while promoting the country’s largest positive youth development organization!
- Work in the food booth or help in the 4-H exhibit hall or at the 4-H show ring.

## 9 Utilize your professional skills

- Share your technical skills and knowledge to develop subject matter for curriculum/project sheets.
- Utilize your professional skills to assist with creating marketing tools, graphic art, word documents, webpages, videos, online training modules, etc.
- Intern at your local Extension office with the 4-H program, a great resume builder.

## 10 Share your experiences

- Share your hobby/passion – inspire a young person as a guest speaker or short-term instructor.
- Share your career path – invite a 4-H’er to shadow you for the day.
- Share your educational path/give a testimonial – how did you get to where you are? (If you are a college student – how did you choose your school, what are you pursuing, what are you aspiring to do?)

**Provided by:**  
Program Leaders Working Group,  
4-H Volunteerism Committee

4-H Contact		Office Address	
Phone	Email	Website	
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# KENTUCKY STATE FAIR 2023

*Kentucky State Fair 4-H Projects*

## Allen Elementary

Nicholas Standifer: Electricity, White Ribbon

## Betsy Layne Elementary

Rebecca Hall: Art, Blue Ribbon  
Rebecca Hall: Art, Blue Ribbon  
Caleb Orsborne: Art, Red Ribbon  
Caleb Orsborne: Art, Red Ribbon  
Caleb Orsborne: Home Environment, Blue Ribbon  
Haley Tackett: Art, Red Ribbon  
Hailey Williams: Art, Blue Ribbon  
Alayna Morris: Art, Red Ribbon  
Ashtyn Hall: Geology, Red Ribbon  
Dennis Mitchell: Wood Science, Red Ribbon  
Nicholas Williams: Wood Science, Blue Ribbon  
Joshua Parsons: Wood Science, Blue Ribbon  
Alicyn Johnson: Trends, Red Ribbon  
Evan Watkins: Home Environment, Blue Ribbon  
Cheyanna Whitaker: Home Environment, Blue Ribbon  
Gracelyn Guth: Foods, White Ribbon  
Gracelyn Hall: Crochet, Blue Ribbon  
Abigail Akers: Horticulture, Red Ribbon  
Ava Morris: Photography, Blue Ribbon  
Lucy Caldwell: Photography, Blue Ribbon  
Gloria Rodriguez, Photography, Red Ribbon  
Gloria Rodriguez, Photography, White Ribbon

## Betsy Layne High School

Alie Goode: Crochet, Blue Ribbon

## David School

Jasmine Moore: Art, Red Ribbon  
Mary Shepherd: Art, Blue Ribbon  
Devan Slone: Wood Science, Red Ribbon  
Cody Curtis: Photography, Red Ribbon

## Duff/Allen Central Elementary

Lindsey Halbert: Photography, White Ribbon

## Floyd Central High School

Gracie Rogers: Photography, Red Ribbon

## Home School

Caleb Combs: Art, Blue Ribbon  
Caleb Combs: Trends, Blue Ribbon  
Abigail Chafin: Foods, Red Ribbon  
Caitlin Hunton: Crochet, Blue Ribbon, Class Champion  
Amelia Hunton: Photography, Blue Ribbon  
Amelia Hunton: Photography, Red Ribbon



## John M. Stumbo Elementary

Aubrey Williams: Art, Blue Ribbon  
Marissa Blankenship: Art, Blue Ribbon, Class Champion  
Kadence Jones: Foods, White Ribbon

## May Valley Elementary

Kasyn Barnette: Art, Blue Ribbon  
Jaxon Crisp: Home Environment, Blue Ribbon  
Alice Blevins: Home Environment, Blue Ribbon  
Madalyn Neice: Photography, Red Ribbon

## Prestonsburg Elementary

Darby Morrow: Art, Blue Ribbon  
Briella Brown: Foods, Blue Ribbon  
Briella Brown: Foods, Blue Ribbon  
Baylee Goble: Photography, Red Ribbon

## Prestonsburg High School

Mya Burgess: Art, Blue Ribbon  
Mya Burgess: Art, Blue Ribbon





# 2022 NATIONAL 4-H INDEX STUDY

Project-based learning and Positive Youth Development (PYD) have long been the intended outcomes of 4-H, and yet those outcomes have not been systematically measured on a national sample to date. The **2022 National 4-H Index Study** is the first study to combine the measurement of program outcomes using **4-H Common Measures** and the assessment of Positive Youth Development through the **4-H Thriving Model**. The following is a summary of our key findings.



## YOUTH SNAPSHOT



2,185 youth from 14 states participated in the study.

**15.35**

Average age of youth was 15.35 years.

**11.12**

Youth started in 4-H at an average age of 11.12.

### YOUTH SELF-IDENTIFIED AS:

**86%** White or Caucasian

**67%** Female

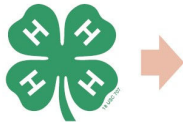
**4.23 YEARS** Youth averaged 4.23 years in 4-H.

## 4-H PROGRAM OUTCOMES

Youth reported strong and positive experiences in 4-H programs that promote youth *sparks*, foster *developmental relationships*, and provide a place for *belonging*.



## POSITIVE YOUTH DEVELOPMENT



Youth who experience a **high-quality developmental context** in 4-H tend to score higher across the four program outcome areas of **civic engagement, college and career readiness, healthy living and science**.

### 4-H Programs Are **HIGH QUALITY!**

Youth reported PYD experiences that promote **sparks, relationships and belonging**.

### 4-H Youth Are **THRIVING!**

Youth reported strong and positive results across the **seven indicators of thriving**.

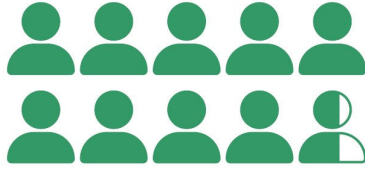
### 4-H Youth Achieve **PYD OUTCOMES!**

Youth reported strong and positive results across all **PYD outcomes**.

*Please reference the 4-H Thriving Model on page 3 to learn more about the process of Positive Youth Development.*



## COLLEGE & CAREER READINESS



96% of youth reported that 4-H has helped them **identify things they are good at**.

**82%**

82% reported that 4-H helped them **explore career options**.

**58%**

58% reported that 4-H has helped them with **college decision-making**.



Youth who reported experiencing **high-quality developmental contexts** in 4-H reported better identification of their **personal strengths** and better understanding of **future career options**.

## SCIENCE & HEALTHY LIVING

**"I LIKE SCIENCE"**

85% of youth agreed with the statement "I like Science".

**69%**

69% said 4-H helped them see how **science** can help **solve everyday problems**.

**65%**

65% said they would like a **job** that involves **using science**.



42% of youth reported that they learned about **healthy food choices** in 4-H.



A large majority reported that **learning, applying and enjoying science** was part of their 4-H experience.

## CIVIC ENGAGEMENT

**77%**

77% of youth reported that they like **helping people in their community**.

**1/2**

Half reported that 4-H has inspired them to **volunteer in their communities**.



Youth who were inspired to volunteer also tended to **contribute to their community** at greater levels.



Youth who reported higher levels of thriving also reported greater levels of **civic engagement** and greater levels of **inspiration to volunteer** in their community.



Learn more and view the full report at:  
[bit.ly/2022-index-study](https://bit.ly/2022-index-study)



**NATIONAL 4-H  
COUNCIL**

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# 4-H THRIVING MODEL



## LONG-TERM OUTCOMES



- Academic or Vocational Success
- Civic Engagement
- Employability & Economic Stability
- Happiness & Wellbeing

- Positive Academic Attitude
- Social Competence
- Personal Standards
- Connection with Others
- Personal Responsibility
- Contribution

## DEVELOPMENTAL OUTCOMES

(Positive Youth Development)



## YOUTH THRIVING

(Social, Emotional & Cognitive Learning)



- Growth Mindset
- Openness to Challenge & Discovery
- Hopeful Purpose
- Prosocial Orientation
- Transcendent Awareness
- Positive Emotions
- Goal Setting & Management

## DEVELOPMENTAL CONTEXT

(4-H Programs)



- Sparks
- Belonging
- Relationships
- Engagement

## 4-H CAN HELP FIND THAT SPARK

Source: Rachel Guidugli, Agriculture Extension Director Assistant

In a world full of talents, interests and qualities, everyone has a unique inner fire that gives them joy, purpose, and direction. 4-H calls these "sparks" representing passion, energy and self-identity, not just hobbies. Sparks can come from playing a guitar or advocating for social justice, starting a journey of growth and change.

Sparks are what motivate us to pursue our passions. They are skills, talents, interests, and unique qualities that resonate with us. The virtuoso violinist, environmentalist, and empathetic listener all have sparks that fuel their work. These inner sparks illuminate our lives and lead to self-discovery.



4-Hers have many opportunities to explore and find their passions:

**Community Clubs:** youths can join diverse projects. They find sparks by trying new things and spending time with like-minded people.

**Teens as Teachers:** Older teens teach younger children their passions. This experience develops leadership and engages both parties.

**4-H Special Interest (SPIN) Clubs:** these clubs allow children to explore their passions and meet others who share them.

**After-school programs:** introduces members to different interests so they can quickly explore them. This flexibility sparks curiosity and helps them find their passion.

Sparks shape lives and society, not just personal preferences.

**Driving Growth:** sparks inspire people to learn and overcome obstacles. A spark may help someone overcome public speaking fears or learn new technology, building resilience.

**Driving Contribution:** sparks often lead to community-beneficial actions. A musician may bring joy to nursing home residents. Social justice may lead to civic engagement, and basketball may inspire coaching younger children, creating a positive cycle.

**Building Connections:** sparks foster like-minded peer connections. They connect youth enthusiasts, building support networks and camaraderie. These connections support knowledge sharing, skill development and personal growth.

**Building Protective Factors:** pursuing sparks motivates academic success, healthy choices and risk-aversion. People become more self-aware and responsible, avoiding actions that could harm them or others.

**Fostering Positive Adjustment:** sparks boost self-esteem, optimism, and purpose. This helps children find their place in the world, boosting their confidence and sense of belonging.

**Fostering a Thriving Orientation:** sparks create a thriving orientation. Youths gain confidence, competence and character. They help their community, amplifying their sparks.

Sparks are the foundation of a happy life! They help people grow, contribute, connect and confidently navigate the world's complexities. Society nurtures sparks to create a generation of enthusiastic, engaged and empowered youths ready to change the world.



# Agriculture and Natural Resources

The Floyd County Cooperative Extension Agriculture and Natural Resource program provides education, training and technical assistance to individuals and businesses concerned with profitable agriculture. Our educational programs include information on food and fiber production, farm business management, marketing and processing agricultural products, natural resource management and home lawn and garden information. Extension is the major provider of research-based information and education for agricultural producers, agri-business, retailers, consumers, and homeowners. Special programs include beekeeping, master gardener program, pruning demonstrations, pesticide applicator trainings, and soil sampling. For more information contact Keith Hackworth , Extension Agent for Agriculture & Natural Resources [khackwor@email.uky.edu](mailto:khackwor@email.uky.edu).

## Family and Consumer Science

Strengthening the family through research-based education has long been a goal of the University of Kentucky Cooperative Extension Service Family and Consumer Sciences program. We have helped families invest in their future by helping them develop the competency to choose nutritious foods, manage resources, provide quality care for children and dependent elderly and become community leaders. Some of the activities offered by the Floyd County Family and Consumer Science Program are: Basic Life Skills, Financial Management, Health and Wellness Programs, Nutrition & Food preparation, and Parenting Classes. Looking for creative ideas and leadership opportunities? Join the Floyd County Extension Homemakers. For information contact Andrea Slone Extension Agent for Family and Consumer Science [andrea.johnson2@uky.edu](mailto:andrea.johnson2@uky.edu)

## Floyd Co. 4-H Wants You



The Floyd County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. The 4-H programs need our interests represented on county, district, and state councils. Also needed are people who communicate with local, state, and national legislators. Examples: Participating on the County 4-H Council; Mentioning concerns to our state representatives; Writing letters to legislators or you may like Volunteering directly with young people. We will fit you with what your interest lies in. The amount of time depends on your availability. Examples include: Leading 4-H Clubs; Teaching class at 4-H Camp or sponsoring a Community Club. If you would like more information on being a Council Member or Volunteer please contact: Heather J. Coleman, Floyd County 4-H Youth Development Agent. [hncoleman@uky.edu](mailto:hncoleman@uky.edu)

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